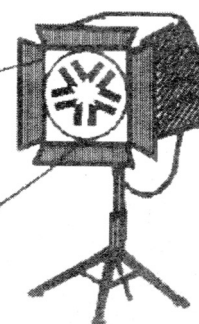


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XX, ISSUE 3

A newsletter for D.C. Seniors

March 2005

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

March is Kidney Awareness Month. Many diseases, including diabetes and hypertension, can contribute to the deterioration of your kidneys. Make sure you watch your diet, exercise and get your health checked regularly so that undetected illnesses don't affect your kidneys.

April 15 — the deadline for filing your D.C. and federal taxes — is fast approaching. Take advantage of the free tax sites available to help you, and get them filed today.

Spring is on its way, and we are planning for Senior Day and other events to commemorate the 30th Anniversary of the Office on Aging. The D.C. Office on Aging supplements the needs of senior citizens 60 years of age and older. Our services are designed to help the District's 92,000 senior residents maintain healthy lifestyles.

"You Can," a campaign to encourage seniors to eat healthy and move more, is beginning at our wellness programs throughout the city. I can't stress enough the importance of healthy and active lifestyles.

Contact a senior program near you and access services to help you live out your golden years. As our senior population changes, we will tailor our programs to serve you better. For more information about programs near you, call 202-724-5626.



## 10 STEPS TO HEALTHIER AGING

*A Campaign of Steps to a Healthier US*

- 1 ■ **Start today.**
- 2 ■ **Choose physical activities you enjoy.**
- 3 ■ **Eat sensible portion sizes.**
- 4 ■ **Set realistic goals to eat better and move more.**
- 5 ■ **Walking is a safe way to become more active.**
- 6 ■ **Make wise food choices.**
- 7 ■ **Record your progress.**
- 8 ■ **Find an indoor place to be active in bad weather.**
- 9 ■ **Plan ahead what you'll eat or drink today to reach your nutrition goal.**
- 10 ■ **Ask a buddy or family member to join you.**

To learn more about You Can! Steps to Healthier Aging, visit the AoA's Web site at:

**WWW.AOA.GOV/YOUCAN**



## EMPLOYERS WANTED!

Employers are needed to hire District residents 55 and older to fulfill their full-time and part-time employment needs. Employers gain mature dependable, safety-conscious and hard-working employees for a wide range of positions.

The D.C. Office on Aging Older Workers Employment and Training Program (OWETP) provides employment and training opportunities for District of Columbia residents 55 years of age and older. The program can match your labor needs with qualified job seekers. This service is provided free of charge.

For more information contact:

D.C. Office on Aging, Older Worker Employment and Training Program  
441 Fourth Street, NW, Suite 950, Washington, D.C. 20001 • 202-724-3662



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## March events

### 1st to 31st • 10:30 a.m.

"Women in History Marathon" All month long, at P. T. Johnson Senior Center, 3200 S St., S.E., senior participants will be engaged in depicting the role women have played in history. They will be encouraged to utilize dramatization, photographs, dialogue, exhibits, etc. to enrich the presentation. For more information, call 202-584-4431.

### 1st • 2:30 to 3:30 p.m.

Learn how to choose the foods that will help boost your immunity and lower your risk of colds and flu during "Boosting Your Immune System" with Dr. Linda Smith, RD, IONA's nutritionist. This workshop will be held at IONA, 4125 Albemarle St., N.W. For details, call 202-966-1055.

### 3rd • 9:30 to 11:30 am

Join in an intergenerational event with Georgetown Day High School and IONA at St. Mary's Court and Friendship Terrace. Groups of students from Georgetown Day will meet with seniors to discuss/reminisce on a variety of topics, share refreshments and enjoy performances by musical ensembles from the school. There will also be one group of students offering one-on-one computer tutoring in the IONA computer classroom, 4125 Albemarle St. You will enjoy spending a few hours with these bright, thoughtful young people. If you would like more information or are interested in signing up, contact Bill Young at 202-895-9446 or byoung@iona.org. The event will be repeated on April 21.

### 8th • 2:30-3:30 p.m.

Attend an informative workshop, "Know Your Numbers: Cholesterol, Blood Pressure, Blood Glucose and Body Mass Index." Awareness of these numbers will help you make sense of dietary and health guidelines. This workshop will be held at IONA, 4125 Albemarle St., N.W. For details, call 202-966-1055.

### 10th • 10:30 a.m.

Barney Neighborhood House Senior Program will host a representative from Diamedix, the na-

tional direct-to-home medical supplier, who will present information on how to receive thermal slippers and foot sleeve warmers at no cost to seniors because they are paid for by Medicare. The meeting will be held at 504 Kennedy St., N.W. For further information, call 202-939-9020.

### 17th • 10:30 a.m.

Barney Neighborhood House Senior Program will host a forum on "Are You Getting All The Tax Credit For Your Home You Are Entitled To?" The event is free, located at 504 Kennedy St., N.W. For more information, call 202-939-9020.

### 29th • 10:30 a.m.

Barney Neighborhood House Senior Program will sponsor a forum for grandparents on health, legal and school issues, as well as coping skills for those adjusting to raising grandchildren. The forum will be held at 504 Kennedy St., N.W. For further information, call 202-939-9020.

## Ongoing events

### Thursdays through April 14th • 10 a.m. to 4 p.m.

Free tax assistance for seniors with low and moderate incomes will be provided by a trained volunteer. Approximately 30 minutes of help will be provided for preparing basic forms and schedules. This service is by appointment only. To register, or for more information about which forms and schedules will be prepared, call 202-966-1055.

### Saturdays and Sundays 10 a.m. to 2 p.m.

Join the United Planning Organization/Weekend Nutrition Program for a hot nutritious lunch every Saturday and Sunday, from 10 a.m. to 2 p.m. at 1649 Good Hope Rd, S.E. The program also provides health promotion and recreational activities. Celebrate National Nutrition Month in March with programs on "Nutrition Facts," "New US Dietary Guidelines," and "Egg Safety/Food Demonstrations." Contact Evelyn Minor, program coordinator, at 202-610-5900 or 202-610-5857 for more information.

### Mondays 9:50 a.m. and Wednesdays 1 p.m.

Get fit with Vanessa! Vanessa Williams-Harvin, fitness coordinator, will conduct low-impact aerobics and Pilates classes for seniors at the Washington Seniors Wellness Center. The center is at 3001 Alabama Ave., S.E. For more information, call 202-581-9355. A physician's statement is needed for participation.

### Mondays & Wednesdays • 1 to 2 p.m.

Computer classes for seniors will be given by the EOFULA Spanish Senior Center. Keep up with technology and learn the basics of the computer. For details, call Alberto at 202-483-5800.

### Tuesdays & Wednesdays • 8 a.m.

A walking program will be held at the Washington Wellness Senior Center, 3001 Alabama Ave., S.E. Join and receive a free walking pedometer! For details, call 202-581-9355.

### Tuesdays and Thursdays • 11 a.m. to 1 p.m.

Model Cities Senior Wellness Center offers a "Lifetime Fitness Program to Prevent Obesity." Learn fitness for life by integrating physical activities, nutrition and health education programs to prevent weight gain and combat obesity. The center is at 901 Evarts St., N.E. For more details, call 202-635-1900.

## Tune in to "Senior Talk" with Doris Thomas

**March 5, 5 p.m.,  
WOL 1450 AM.**

**To call in, dial  
1-800-450-7876.**

## FREE RIDES!



All MetroAccess customers with a valid MetroAccess ID Card (and one companion) are now able to ride Metrobus, Metrorail and Montgomery County Ride-on for FREE through December 2005. To register, call 301-562-5370.

## Mark your calendar!

### 41st Annual Senior Citizens' Day

**Thursday, May 12, 2005**

**11 a.m - 2 p.m.**

**D.C. Armory**

**2001 East Capitol Street, S.E.**

**Reserve your ticket today by  
calling your senior program  
or 202-724-5626**

**D.C. OFFICE ON AGING NEWSLETTER**

# Ten Facts About High Blood Pressure and Chronic Kidney Disease

Uncontrolled high blood pressure is the second leading cause of kidney failure in the United States and one of the most common problems that can seriously harm the kidneys.

Severe high blood pressure can harm kidney function over a relatively short period of time. However, even mild forms of high blood pressure damage kidneys over several years.

High blood pressure usually causes no symptoms in its early stages. One of the major goals of the National Kidney Foundation is to increase public awareness about high blood pressure and chronic kidney disease.

1. About 65 million Americans, or one out of four adults, have high blood pressure. Of these, 30 percent don't know they have it, 11 percent aren't on treatment (special diet or drugs), 26.2 percent are not receiving adequate treatment to control their pressure and 27.4 percent are receiving adequate treatment.<sup>1</sup>

2. High blood pressure is defined as systolic pressure of 140 or higher or diastolic pressure of 90 or higher. However, people who have blood pressures from 120/80 to 139/89 may be at increased risk for developing high blood pressure and should follow healthy lifestyle modifications such as losing excess weight and exercising regularly.

High blood pressure should not be diagnosed on the basis of a single reading. Initial elevated readings should be confirmed on at least two follow-up visits.<sup>3</sup>

In people with diabetes or chronic kidney disease, blood pressure over 130/80 is considered high.<sup>5</sup>

3. The top number in a blood pressure measurement is called the systolic pressure. This measures the force of blood against the walls of the arteries when the heart is pumping. The lower number is called the diastolic pressure. This measures the force of the blood when the heart is between beats. Both numbers are important and need to be controlled.<sup>3</sup>

4. In 90 to 95 percent of the cases, no specific cause is

identified for high blood pressure. However, certain individuals have a greater risk of developing high blood pressure: older persons, people with a family history of high blood pressure, people who are overweight, and some population groups including African Americans.<sup>3</sup>

5. Elevated blood pressure usually causes no symptoms. For this reason, it is important to have regular checkups to detect high blood pressure. If high blood pressure is diagnosed, it is equally important to follow the doctor's advice and take medications exactly as prescribed.<sup>3</sup>

6. High blood pressure can affect anyone at any age. Even children can have high blood pressure, although it is less common. Regular high blood pressure checkups should begin in childhood and continue throughout life.<sup>3</sup>

7. High blood pressure and chronic kidney disease are closely related. Uncontrolled or poorly controlled high blood pressure is the primary diagnosis for about 92 per million new cases of kidney failure each year, and 23 percent of all cases of kidney failure.<sup>4</sup> It is second only to diabetes as the leading cause of kidney failure — which requires treatment with an artificial kidney (dialyzer) or kidney transplantation to stay alive.<sup>4</sup>

8. Uncontrolled high blood pressure increases the risk for heart attacks and stroke. When high blood pressure is controlled, the threat of these complications is greatly reduced.<sup>3</sup>

9. The prevalence of high blood pressure in African Americans in the U.S. is among the highest in the world. African-Americans develop high blood pressure at an earlier age than white Americans, and their average blood pressures are much higher. More specifically, African Americans are six times more likely than Caucasians to develop hypertension-related kidney failure. African-Americans also have higher death rates from causes related to high blood pressure. In 2001, for example, the death rates per 100,000 population from

high blood pressure were 13.7 for white men, 47.8 for black men, 13.4 for white women and 38.9 for black women.<sup>1</sup>

10. Many effective drugs are available for treating high blood pressure. Additionally, scientific evidence also points to a key role for lifestyle changes, such as weight loss and regular exercise, in regulating blood pressure. In general, the goal of treatment is to reduce blood pressure to below 140/90. However, in people with diabetes or chronic kidney disease, blood pressure should be reduced to below 130/80.<sup>2</sup>

More effective prevention of high blood pressure and its associated complications can be achieved only through research. Many of the research projects supported by The National Kidney Foundation seek to uncover the underlying causes of high blood pressure.

Until a cure is found, however, early detection and appropriate treatment of high blood pressure are extremely important. National Kidney Foundation Affiliates across the country provide education and screening programs to help more Americans learn about high blood pressure and the importance of regular high blood pressure checkups.

## Sources of Facts and Statistics:

1. *American Heart Association, High Blood Pressure Statistics fact sheet* ([www.americanheart.org](http://www.americanheart.org))
2. *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC VII); National Heart, Lung and Blood Institute* ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))
3. "High Blood Pressure and Your Kidneys" from the *National Kidney Foundation*
4. *U.S. Renal Data System 2002 Annual Data Report* ([www.usrds.org](http://www.usrds.org))
5. *NKF-K/DOQI Clinical Practice Guidelines on Hypertension and Anti-Hypertensive Agents in Chronic Kidney Disease*

## It's Tax Time

April 15 is fast approaching. Need help? Visit the AARP tax site near you to get your taxes done free.

For the sites below that have contact names and phone numbers, call first to make an appointment. The sites marked "E-filing" can file your taxes electronically.

For AARP tax help sites outside of Washington, D.C., see article starting on page 34.

### Kennedy Recreation Center

1401 7th St., N.W.  
Contact Betty Myers,  
202-671-4794,  
Thursday 10 a.m. to 1:30 p.m.

### Southwest Library-Waterside

920 Wesley Pl., S.W.  
Contact Lawrence Pearl,  
202-724-4752,  
Monday 10:30 a.m. to 4:30 p.m.,  
Tuesday 2 to 4:30 p.m.,  
Thursday 10:30 a.m. to 1:30 p.m.,  
Saturday 10:30 a.m. to 4:30 p.m.

### West End Library

1101 24th St., N.W.,  
Thursday 1 to 4:30 p.m.

### Mount Pleasant Library

16th & Lamont St., N.W.,  
Wednesday 10 a.m. to 1:30 p.m.,  
Thursday 10 a.m. to 1:30 p.m.

### United Planning Organization

1649 Good Hope Rd., S.E.,  
Contact Olivia Powell,  
202-581-9533,  
Saturday 10 a.m. to 1:30 p.m.

### Woodridge Regional Library

1800 Hamlin St., N.E.,  
Contact Carolyn Coleman,  
202-541-6226,  
Wednesday 10 a.m. to 1:30 p.m.

### Petworth Library

4200 Kansas Ave., N.W.,  
Tuesday 10 a.m. to 1:30 p.m.,  
Thursday 10 a.m. to 1:30 p.m.  
E-filing

### Cleveland Park Library

3310 Connecticut Ave., N.W.,  
Contact Ann Pontiere,  
202-282-3080,  
Tuesday 1 to 4:30 p.m.

### Goodwill Industries

2200 S Dakota Ave., N.E.,  
Contact Carolyn Coleman,  
202-715-2625,  
Thursday 10 a.m. to 1:30 p.m.  
E-filing

### Guy Mason Recreation Center

3600 Calvert St., N.W.,  
Contact Carolyn Coleman,  
202-715-2625,  
Wednesday 10 a.m. to 1:30 p.m.,  
Friday 10 a.m. to 1:30 p.m.  
E-filing

### Mount Horah Baptist Church

2914 Bladensburg Rd., N.E.,  
Wednesday 10 a.m. to 1:30 p.m.

### Francis Gregory Library

2660 Alabama Ave., S.E.,  
Thursday 10:30 a.m. to 2 p.m.

### Lamond Riggs

5401 Dakota Ave., N.E.,  
Thursday 1:30 to 4:30 p.m.  
E-filing

### Emery Recreation Community Center

5801 Georgia Ave., N.W.,  
Thursday 10 a.m. to 1:30 p.m.  
E-filing

### Palisades Library

4901 V St., N.W.,  
First Wednesday of the Month,  
10 a.m.-1:30 p.m.

### Fort Stevens Recreation Center

1327 Van Buren St., N.W.,  
Friday 10 a.m. to 1:30 p.m.  
E-filing

### Friendship Terrace

4201 Butterworth Pl., N.W.,  
Thursday 1 to 4:30 p.m.

### Capital View Library

5001 Central Ave., S.E.,  
Tuesday 10 a.m. to 1:30 p.m.,  
Thursday 10 a.m. to 1:30 p.m.  
E-filing

### IONA Senior Services

4125 Albemarle St., N.W.,  
Contact Bill Young,  
202-895-9446,  
Thursday 10 a.m. to 1:30 p.m.

### Takoma Park Library

416 Cedar St., N.W.,  
Tuesday 1 to 4:30 p.m.  
E-filing

### Chevy Chase Community Center

5601 Connecticut Ave., N.W.,  
Thursday 1 to 4:30 p.m.  
E-filing





## D.C. OFFICE ON AGING NEWSLETTER



## DC Commission on the Arts & Humanities

# THE LARRY NEAL WRITERS' COMPETITION ADULT CATEGORY

# COMPETITION ENTRY FORM FOR THE YEAR 2005

**Applicants may submit, in one genre only. Poetry:** three (3) unpublished poems (*one poem per page*).

**Fiction:** one (1) unpublished short story excerpt, not to exceed 3,000 words.

Fiction writers must double-space their entries. **Dramatic Writing:** one (1) un-produced play or screenplay with a two page summary. Playwrights should use the traditional format.

**Please submit 4 copies of each submission.**

**All applicants must be District of Columbia residents, and at least 19 years of age.**

**All entries must be typewritten on 8-1/2 x 11" paper; legal size paper will not be accepted.**

**Author must include this form with each submission. Please Print Clearly**

Author's name: \_\_\_\_\_

Full Street address (PO Box not accepted): \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code: \_\_\_\_\_

Daytime telephone number: \_\_\_\_\_ Category of entry: \_\_\_\_\_

The author's name should not appear on any page of submitted work. *The Larry Neal Writers' Competition* will be judged using a blind format. The judges will not know the identity of the authors.

**Award Criteria:** Submissions will be judged according to their artistic merit by distinguished professionals in the three literary genres. The judges reserve the right not to make an award in any category in which they do not find suitable submissions.

**Submit all entries to:** Larry Neal Writers' Competition, DC Arts Commission, 410 Eighth Street, N.W., 5 th floor, Washington, DC 20004. **Deadline is Friday, March 18, 2005, at 5:30 p.m.**

## Local seniors are taught how to live stress free

by Vrae McNeil

"I'm too blessed to be stressed" is how Ms. Betty, from Ft. Stevens Recreation Center, ended her slam poem. She performed her poem at a living stress-free program that was developed by New Ventures in Leadership Partner, Vrae McNeil. Seniors learned more about the destructive nature of stress and, more importantly, how to manage and rid themselves of the negative stress in their lives.

Cardiologists across the board tell us that heart disease is the number one killer of African Americans. African Americans suffer from this more than any other ethnic group. In addition, many are frustrated by the rising cost of prescription drugs, having to raise a second family, being forced back into the job market, and the overall perception that they are a neglected and forgotten group.

The afternoon consisted of pampering and powerful information for hundreds of 50+ citizens at various community and recreation centers throughout the District. A variety of extremely talented vendors were used to provide the services. Participants were treated instrumentally and vocally by the smooth soulful sounds of Mr. Steven Long.

With the reduction and management of stress as the primary objective, humor therapist Kris Miles outlined in detail how important it is for us to laugh

throughout our daily journey. He uses comedy as a tool to provide symptom relief.

Zuri Nia was the massage therapist. She was great! Everyone she serviced seemed to love her technique.

Based on time constraints, those who were not able to receive a massage had the option of being treated to a hair makeover. Donald Hughes was our makeover artist. He worked wonders for our participants. Many left the event with new attitudes and a different outlook on life because of their renewed look.

Along with emotional and physical restoration, there were representatives from AARP's Legal Counsel for the Elderly to assist older persons with their legal problems.

The highlight for many were the Slam Your Stress/Creative Expression Workshops. Ty Gray El and Joaquin H. Williams co-facilitate this cutting-edge, ground-breaking stress management technique. Participants simply raved about how much this session helped them with the stress in their lives.

The presentation evoked tremendous joyous laughing as well as heart-felt tears of pain. These gentlemen equipped our attendees with tools they can use for the rest of their lives for stress reduction.

Their company, the Slamthology Group, has been in operation for nearly five years. Their technique is endorsed by a host of doctors. Each session culminates with audience members writing and reciting a "slam" poem.

"It is completely breathtaking and life affirming to hear this poetry come from our participants," McNeil said.

### SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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Adrian Reed, **Photographer**

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.